

Winter Workshop

Please read the following information about this course carefully. If you have any further questions please don't hesitate to get in touch with Dirt School using the details below.

Covid-19

Please carefully read our Covid-19 policy which will have been sent out to you via email. At the time of signing our pre course disclaimer you will be asked to agree to everything outlined in this. All of our disclaimer forms are now online, please complete these before attending your Dirt School course as our coaches won't have any paper copies on the day.

Location

Cornering, Drops, Jumps, Enduro and Women's courses:

We'll meet outside the Peel Cafe at **Glentress**. This is next to the car park at the bottom of the hill and is one of the two buildings you pass on your way to the trails. For more information on how to find the trail centre at Glentress, follow [this link](#). Parking at Glentress is charged at £5 per day for a private car.

Advanced Enduro Workshop:

We'll meet at our shop, Tweed Valley Bikes, 60 High Street, Innerleithen - [directions available here](#). There is limited on street parking, but there is a car park at the back of the high street which you can enter via Hall Street. For directions to the car park please follow this [link](#).

Day Format

Your course is three hours long, starting at 10:00 and finishing at 13:00. However, we would ask if you could arrive fifteen minutes early to make sure everything is in order and our coach has a chance to meet everyone and explain the plan for the day. The class will start at 10:00 sharp.

Equipment

A certified cycling helmet and gloves are compulsory. Weatherproof clothing is also a necessity. As the weather is changeable and cold at this time of year, please pack for every eventuality. We also strongly recommend using knee pads and any other protection that you feel would give you more confidence on the day. Flat pedals are also highly recommended.

Please ensure that the bike you turn up with is in full working order and is relevant for the session. For more information on what bike would be suitable for the course [click here](#). For more information on how to check that your bike is maintained well follow [this link](#). If you need to hire a bike for the day please get in touch with us using the details below. As a Dirt School customer, you're entitled to 15% off bike hire through our shop Tweed Valley Bikes, Innerleithen. This is 5 miles along the road from Glentress. Please email us if you need to book a hire bike - we have both hardtails and full suspension bikes available. You are also entitled to a 10% discount in store on the day(s) of your course.

You'll be out on the trail sectioning areas for three hours. For this reason carrying a small hydration pack is of use. Hydration is crucial for concentration and keeping energy levels up. Some snacks and a spare inner tube is also worth packing to avoid your session finishing early. Dirt School will not provide spares.

Weather Cancellation

If for any reason the weather or trail conditions are deemed dangerous by the Dirt School coach and we need to postpone your session, you will be offered another suitable date. Should this happen, we will contact you as soon as possible using the contact details you have provided.

We look forward to seeing you soon.

The Dirt School Team

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